

Other journals in brief

A selection of abstracts of clinically relevant papers from other journals.
The abstracts on this page have been chosen and edited by Reena Wadia

Fluoride posts on Instagram

Basch C H, Milano N, Hillyer G C. An assessment of fluoride related posts on Instagram. *Health Promot Perspect* 2019; **9**: 85-88.

A higher number of Instagram posts focused on anti-fluoride related content compared to pro-fluoride related content.

This study aimed to explore fluoride related content on Instagram, a popular social media platform. Content categories were created and coded to better describe the nature of the posts. Data collection occurred in three sessions, two months apart. Only relevant posts that included images and had text written in English were included. The most common topics were conspiracy theory, contained in 37% of posts, followed by dangers of fluoride to health (30%) and benefits of fluoride to teeth (29%). Of the 300 posts reviewed, 32% contained pro-fluoride content while 63% of posts featured anti-fluoride content. Content varied significantly between pro- and anti-fluoride posts. The authors emphasised that with accessibility comes the potential for misinformation and future efforts from medical providers need to focus on educating consumers about reliable sources for health information on the internet.

DOI: 10.1038/s41415-019-0109-x

Use of social media in education

Wanner G K, Phillips A W, Papanagnou D. Assessing the use of social media in physician assistant education. *Int J Med Educ* 2019; **10**: 23-28.

Many students are currently using various forms of social media to augment their education.

This study aimed to assess physician assistant (PA) students' experiences with social media (SM) as a part of their medical education. The study occurred over two phases: Phase 1 – a cross-sectional survey emailed to all PA students at four school campuses to assess students' prior SM experiences (226 responses, 71% response rate); and Phase 2 – inclusion of SM educational resources, via Twitter, within lectures performed at two PA schools. A Phase 2 survey assessed students' opinions of educational SM (60% response rate) and SM usage was tracked. Phase 1 of the study found that 97% use social media; often used as a part of their education, 65% informally and 3% formally incorporated. Students most commonly use Facebook, YouTube, and Instagram, but rarely use Twitter. From the Phase 2 survey respondents, 93% of SM users felt it was a useful addition to the lectures and supported formal incorporation.

DOI: 10.1038/s41415-019-0146-5

Erosive tooth wear management

Kanzow P, Biermann J, Wiegand A. Questionnaire survey on the management of erosive tooth wear. *Oral Health Prev Dent* 2019; **1**-8. DOI: 10.3290/j.ohpd.a41811.

Stepwise management was observed and decision-making related to localisation, severity and patient-related factors.

This study aimed to analyse management strategies for erosive tooth wear and identify factors influencing dentists' decision-making. A questionnaire presenting clinical cases with erosive tooth wear on anterior and posterior teeth (BEWE scores 1-3) was sent electronically to German dentists. Only 455 dentists (3%, mean age: 52) participated. Suggested therapeutic measures were statistically significantly different between BEWE scores and between anterior and posterior teeth. Initial erosive lesions (BEWE 1) were largely managed by giving information about the causes of the tooth wear and/or preventive measures. For BEWE 2, a high proportion considered restorative treatment (posterior teeth: 61%) in addition to prevention, especially when anterior teeth (91%) were affected. For severe erosive lesions (BEWE 3), the majority considered restorative treatment (posterior teeth: 98%, anterior teeth: 100%). Decision-making was dependent on the lesion depth, size of affected surfaces and the presence of pain. Fluoride agents and agents containing tin chloride or tin fluoride were most frequently recommended as preventive measures. If distinct defects (BEWE 2) were treated restoratively, composite restorations were most popular. Severe defects (BEWE 3) were largely restored with ceramic restorations.

DOI: 10.1038/s41415-019-0145-6

Dentally anxious patients from the dentist's perspective

Uziel N, Meyerson J, Winocur E, Nabriski O, Eli I. Management of the dentally anxious patient: the dentist's perspective. *Oral Health Prev Dent* 2019; **17**: 35-41.

Most dentists are willing to undergo appropriate training to help manage dentally anxious patients.

This study evaluated dental anxiety from the dentist's perspective. A cross-sectional study was performed on a convenience sample. Data were gathered using questionnaires. Three hundred and ten practising dentists completed the survey. Participants estimated that 27% of their adolescent/adult patients and 35% of their child patients suffer from dental anxiety. Dentists reported devoting about a quarter of their weekly work hours to treating such patients. The most common anxiety management techniques used for adults and children were nitrous oxide and/or behavioural techniques (such as distraction, reinforcement, gradual exposure and relaxation). The consensus was that treating dentally anxious patients involves long treatment times, insufficient payment, and frequent appointment cancellations. However, dentists generally agreed that it is their responsibility to help dentally anxious patients and 81% expressed interest in taking part in management courses. The authors emphasise the importance of incorporating behavioural and pharmacological management techniques in the undergraduate and postgraduate curriculum to improve the well-being of both dentally anxious patients and their dentists.

DOI: 10.1038/s41415-019-0144-7